

## What is Physical Fitness and what are the Physical Fitness Testing Requirements?

Physical fitness is a conceptual way of describing physical attributes or characteristics associated with the human body. Physical fitness is dynamic/constantly changing and is affected by many variables. The physical fitness assessments to be conducted are those which provide a better reflection of one's health and well-being (i.e. cardiorespiratory fitness, body composition, flexibility, muscular strength and endurance) rather than those assessments that are sports performance/skill-based movements.

Components of Physical Fitness:	Components defined:	Illinois Recommended FITNESSGRAM Test	Illinois Alternative FITNESSGRAM Test	Brief Test Description	ISBE Required Grades Tested	Required Grades to be Reported to ISBE
<b>Aerobic Capacity</b>	Cardio-respiratory endurance/fitness is the ability of the circulatory and respiratory systems to supply oxygen during sustained physical activity.	PACER (Progressive Aerobic Cardiovascular Endurance Run)	Mile Run Test	Set to music, a paced, 20 m shuttle run increasing in intensity as time progresses.	Grades 4-12	Aggregate data* for grades 5, 7 & 10
<b>Muscular Strength</b>	Muscular strength is the ability of the muscle to exert force during an activity.	Push-Up test	None	Students lower body to a 90° elbow angle and pushes up. Set to a specified pace, students complete as many reps as possible.	Grades 3-12	Aggregate data* for grades 5, 7 & 10
<b>Muscular Endurance</b>	Muscular endurance is the ability of the muscle to continue to perform without fatigue.	Curl-Up Test	None	Students lie down with knees bent, feet unanchored. Students complete as many paced repetitions as possible to a maximum of 75.	Grades 3-12	Aggregate data* for grades 5, 7 & 10
<b>Flexibility</b>	Flexibility is a health-related component of physical fitness that relates to the range of motion available at a joint.	Back Saver Sit & Reach	Trunk-Lift test	One leg at a time, students sit with one knee bent and one leg straight against a box and reach forward.	Grades 3-12	Aggregate data* for grades 5, 7 & 10
<b>Body Composition</b>	Body composition is a health-related component of physical fitness that relates to the relative amount of muscle, fat, bone, and other vital parts of the body.	<i>NOT REQUIRED/OPTIONAL Optional Test Choices: Skinfold Analysis Body Mass Index Bioelectrical Impedance</i>		See the FITNESSGRAM Manual for test descriptions.	NOT REQUIRED	NOT REQUIRED

\*ISBE required annual report of physical fitness test aggregate results (# of students tested & the number meeting the “healthy fitness zone” and “needs improvement”) for grades 5, 7 & 10.